

Curried Lentils and Potatoes with Sautéed Greens

Original Recipe By Bill Idell

Yield: 6 Servings

Ingredients:

Brown Lentils	1½ cups
Vegetable Oil	¼ cup
Yellow Onions (finely diced)	1 cup
Fresh Ginger (finely chopped)	1 tbsp
Fresh Garlic (finely chopped)	1 tbsp + 2 tsp
Canned Diced Tomatoes (finely chopped)	1½ cups
Coconut Milk	1 cup
Sambal Chili Paste	2-3 tsp
Red Potatoes (washed and ½ inch dice)	1 cup
Water	2-4 cups
Curry Powder	2 tbsp
Bay Leaves	2-4 each
Kosher Salt	to taste
Black Pepper	to taste
Fresh Spinach	5 cups (about ½ lb)
Plain Yogurt (low fat)	1/2 cup
Pita Bread (2 rounds)	10 pieces

Method of Preparation:

1. Pour the lentils onto a sheet pan and sort to pick out any stones, rinse under cold water in a strainer.
2. Place the lentils in a large saucepan, add about 6 cups of water, bring to a boil, take off the heat and allow to sit in the water.
3. In a large pot, sauté the onion in the vegetable oil over medium heat until soft and translucent, add the ginger and 1 tbsp of garlic and cook for another 1-2 minutes.
4. Add the tomatoes (include the juice), coconut milk, chili paste, curry powder and bay leaves to the sautéed onion, garlic and ginger, season with salt and pepper. Taste, adjust the seasoning as needed.
5. Add the potatoes to the curry-tomato mix. Drain the lentils and add.
6. Cook over medium heat until the potatoes and lentils are tender. Add water if the mixture becomes too thick.
7. Sauté the remaining 2 tsp of garlic in vegetable oil in a sauté pan. Add the spinach a cup at a time, season with salt and pepper and add a small amount of water. Continually stir the spinach and add more as it wilts and cooks down.
8. Serve the lentils in bowls with the wilted spinach, warm pita bread and yogurt on the side.